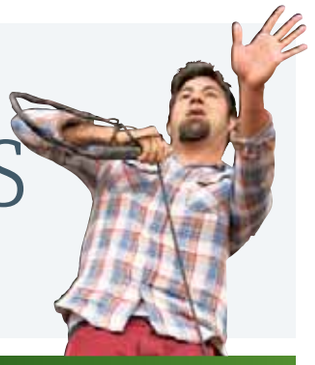
Bloodied bat in focus

South African police trying to determine whether cricket bat found in Pistorius's home was used to attack girlfriend: Report PAGE 6

DEFTONES' DEFT MOVES

BAND CONTINUES TO THRIVE BY TRANSCENDING GENRE PAGE 11



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Residents displaced after fire

Burnaby apartment. People scramble to get outside, aid trapped neighbours

LIAM BRITTEN
vancouver@metronews.ca

More than 100 were left homeless after a fire tore apart an apartment building next to Avondale Park in Burnaby Sunday morning.

Residents said the fire spread so quickly that some had to jump from second-storey windows because the stairways were choked with smoke.

No injuries had been reported in the three-alarm blaze as of press time.

Resident Susan Walters was woken up by her roommate around 11 p.m. She said the fire alarm in her room did not go off.

Walters said smoke came in through the floorboards of her first-storey apartment and it took fewer than five minutes for conditions to become unbearable.

"When I got up the smoke was already thick," Walters said. "I had to pull my T-shirt up and when I got outside I went running up the building, screaming at the top of my lungs, 'Fire! Fire! Get out of the building!'"

She said that getting out was a challenge because of the smoke and a lack of emergency lights.

Once outside, she and other residents began assisting those still trapped. They helped people on the second floor escape with ladders and encouraged those trapped on the third floor to stay near windows for air.

"I was just in panic mode, man, trying to get everybody out, because I know what these fires are like," she said. "I'm still wound up about it. When there's that many people, you've gotta be on your toes."

The apartment building has been a source of concern in the upscale Cascade Heights neighbourhood for some time. Neighbours said that since 2009, the building has been the scene of another fire and a shooting.

Firefighters use a ladder truck to spray water through the roof of a Burnaby apartment building on Sunday morning. LIAM BRITTEN/FOR METRO

Eat 'em up

Bake up a batch of bite-sized mincemeat pies with blueberries PAGE 14

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Pre-election issues

B.C. Liberals to table balanced budget, but NDP has doubts

Finance Minister Mike de Jong is set to deliver what he's calling a pre-election balanced budget Tuesday — complete with a seal of approval from a noted economist — but the Opposition New Democrats say British Columbians won't buy it.

The delivery of what de Jong is calling a balanced budget makes good on the Liberal government's promise to get B.C. out of the red after four consecutive deficit budgets in time for the fast-approaching May 14 provincial election.

But de Jong said it wasn't easy balancing the books, which means the budget won't be bursting with election goodies to entice voters.

"To reconfirm, the budget will be balanced," he said last week. "Getting there is not easy. This will not be a traditional pre-election budget where governments are doling out promises in the billions of dollars. The money simply isn't there."

A Liberal government source who spoke on condition of anonymity said the government will go to great lengths to show exactly how Tuesday's budget is balanced.

The source said the budget includes economic forecasts of modest surpluses over the next three years.

The source said former Bank of Montreal chief economist Tim O'Neill has examined the government's revenue projections in the budget and will confirm the numbers are on track.

The Liberals are expected to release O'Neill's report on Monday.

THE CANADIAN PRESS

Dancers perform during the 40th annual Chinese New Year parade in Vancouver. More than 50,000 people took to the streets of Chinatown Sunday to usher in the Year of the Snake. PHYLICIA TORREVILLAS/METRO

Chinese community connects with roots

Year of the Snake. Celebrations slither in Vancouver's Chinatown

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Vancouver's Chinatown came alive with the sound of beating drums and energetic lion dances during the 40th annual Chinese New Year parade.

The parade, with 65 entries including dance troupes, marching bands, elaborate costumes and colourful floats, drew more than 50,000 people Sunday and marked the beginning of the Year of the Snake.

Susan Wong, who watched the parade with her husband and two young sons, said the event is a great way to celebrate and honour their Chinese heritage.

"When I was young, I dreaded it because I had to go," she said. "But when I had children, this is the one thing that I could do that connects them to their roots."

For Jenny Kwan, MLA for Vancouver-Mount Pleasant, the parade has become more than just a Chinese community celebration.

"In the Asian community, this is the most important celebration that we have all year round," she told Metro as she took a break from handing out red envelopes with candies to spectators as a symbol of good luck. "But people from all walks of life come out and engage in this."

Organizing committee member Parmenas Tse said people born in the Year of the Snake are believed to be thoughtful, adventurous and energetic, and will be active in the spring and summer.

"People of the snake will get energy and prosperity into their career," he said.

Tradition matters

"When I was young, I dreaded it ... but when I had children, this is the one thing that I could do that connects them to their roots."

Susan Wong, who watched the parade with her husband and two young sons, said the event is a great way to celebrate and honour their Chinese heritage.

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Victoria. House fire leaves three young adults dead

Horrified neighbours watched helplessly as a house fire in Victoria claimed the lives of three young adults early Saturday.

Fire Capt. Bob Jones said flames were shooting out from the back and front of the house and two vehicles in the driveway were ablaze when firefighters arrived at about 4:30 a.m.

"The house is only, literally, 50 feet away from the back of the fire hall," Jones said.

"It really got going quickly and it was windy, and that really helped spread the fire throughout the house."

The victims were a young man and two young women, Jones said, adding it's believed they were all students who rented the house. Their names have not yet been released.

Jones said there was a party at the house on Friday night and that several out-of-town guests were staying there.

THE CANADIAN PRESS

Tsawwassen reserve

Teen girl stabbed to death: Police

A 17-year-old male has been charged with second-degree murder and attempted murder in connection with two stabbings on the Tsawwassen First Nation.

Const. Ciaran Feenan says investigators arrived at the scene Friday and found a 16-year-old girl and a 15-year-old girl suffering from stab wounds. Feenan says the older girl died and that the 15-year-old remains in critical condition.

THE CANADIAN PRESS

Criminal negligance

Hang-glider pilot to appear in court over 2012 death

A hang-glider pilot is facing a charge of criminal negligence causing death nearly a year after a passenger fell more than 300 metres in the Fraser Valley. William Orders is set to appear in court today on that charge as well as one count of obstructing justice. The accident took place when Lenami Godinez-Avila slipped out of her harness after takeoff. THE CANADIAN PRESS

Earls culls 'Albino Rhino' brand after complaint

Human rights vs. political correctness. Advocacy group says stigma of albinism not well understood

EMILY JACKSON
emily.jackson@metronews.ca

Earls' "Albino Rhino" is officially extinct.

Earls Restaurants will take beer or chicken wings sold under the 25-year-old brand off the menu after a Vancouver woman with albinism filed a B.C. Human Rights Tribunal complaint against the chain in 2012.

Ikponwosa (I.K.) Ero, representing a group with the genetic condition that causes a lack of pigmentation in skin, hair and eyes, and often blindness, accused the popular restaurant of discrimination based on physical disability and colour.

While Earls doesn't agree with the complaint — the beer was named after the white rhinoceros and it didn't occur to the restaurant that it would be associated with albinism or offend anyone — it will cull its house brand by April 24.

The human-rights-complaint process taught the restaurant that people were "genuinely offended" by its marketing, as the rare condition results in "prejudice and exclusion in many areas of Canadian society," according to a restaurant news release.

"Earls wishes all members of the public to feel welcome at our restaurants and, accordingly, we no longer feel it is appropriate to use the word 'albino' as part of our marketing."

The complaint sparked online debate about political correctness gone amok, but "the only people who say that are people who don't have albinism or a friend or a spouse or a child with albinism," said Peter Ash, CEO of Under The Same Sun, an advocacy group for those with the disability.

"It would be like saying, 'Let's put in some Alzheimer appetizers, Down syndrome daiquiris or cerebral palsy cocktails'," he said. "That would offend anyone's sensibilities."

Since just 1 in 20,000 people have the medical condition, people often don't understand the disability and the "evil" stigma, popularized in Hollywood films, that goes with it, he said.

His group is "very happy" with Earls' decision. "This is all we wanted from the beginning."

Uncommon condition

1 in 20K

Proportion of people affected by the medical condition called albinism.

Earls will nix its "Albino Rhino" beer brand due to a human-rights complaint.
EMILY JACKSON/METRO

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M&M'S® SPOKES CANDIES CALL IT QUITS!

Red and Yellow shock fans with resignation letter.

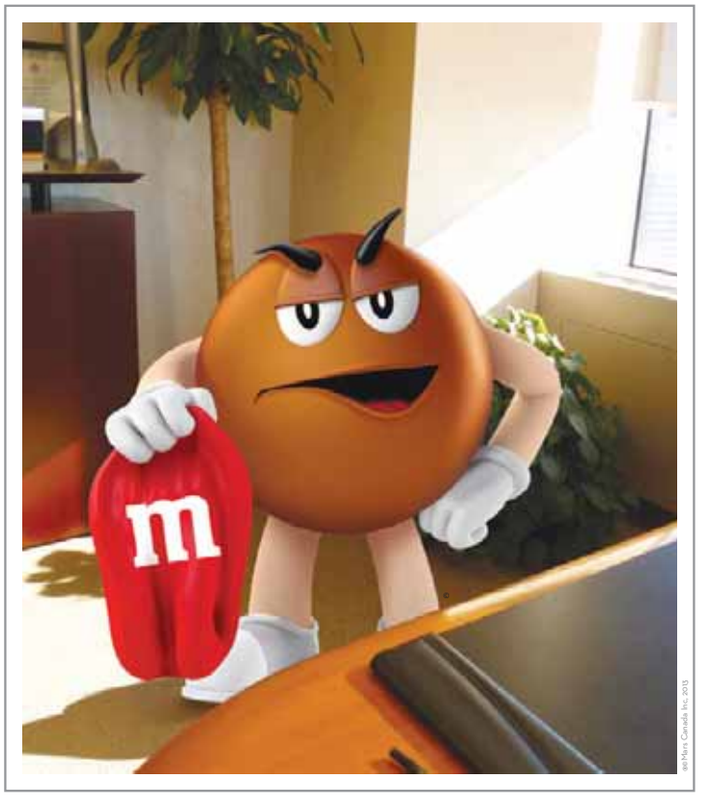
Milk chocolate lovers across the country today are mourning the loss of *M&M'S* iconic spokes candies Red and Yellow, following Tuesday's public announcement that they are hanging up their '*M*'s' and parting ways with the *M&M'S* team immediately to avoid being eaten.

"Those two have been with us for almost 60 years, so it came as a real shock" said *M&M'S* Chief Chocolate Officer Ms Brown, following the leak of Red and Yellow's resignation letter to the press on Friday. "But don't forget – the rest of us *M&M'S* spokes candies deal with the same problem everyday. Worse, I always get people smirking at me because they think I'm naked!" she continued.

The rant-filled resignation letter – which can be read in its entirety on facebook.com/mmscanada and on twitter @mmscanada – is quite abrasive and aggressive, complicating the possibility of any reconciliation. In their letter, the former spokes candies cite their daily fear of being eaten, among other things, as the main reason for resigning – going so far as to blame Canadians for their untamed love of milk chocolate.

Most *M&M'S* fans have been reacting to their departure with disappointment. "I loved Red and Yellow. You can't replace those two. It just won't be the same without them" says Craig Brandon, longtime *M&M'S* fan. Others are angry. "What the heck! This is how you thank your fans?" complains Jennifer Machey. And meanwhile, some people seemed confused. "Does this mean they're hiring? My grandson needs a summer job" said a man by the name of 'Bugsy'. As for the other *M&M'S* spokes candies – they wouldn't return our calls.

The departure of Red and Yellow as the mascots of the *M&M'S* brand has sparked speculation as to who will take over leading the corporate image. When asked if the company plans to promote from within or hire outside to fill the role of Red and Yellow, a company PR agent responded,



"I loved Red and Yellow. You can't replace those two. It just won't be the same without them."

Says Craig Brandon, longtime M&M's fan.

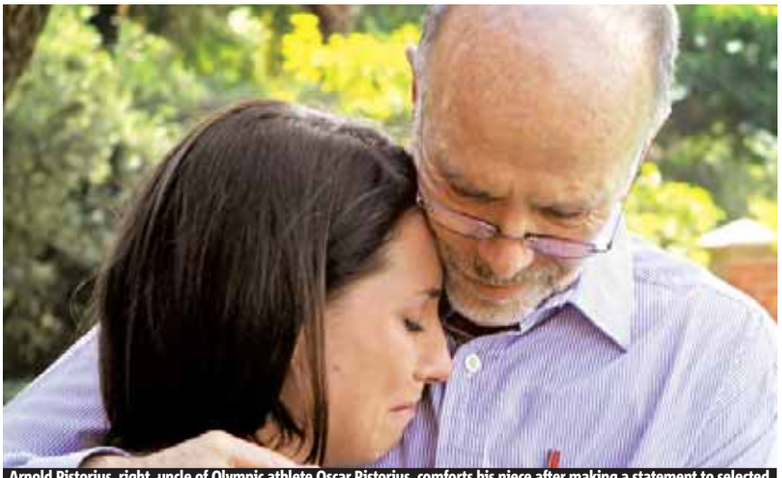
"You have to understand the position we're in now. Red and Yellow broke the mold. It's going to be very hard to fill their shoes, and that's not candy-coating it." Reactions on twitter have linked to leaked images of potential mascots sporting colours like Maroon and Sea Foam. The PR agent would not comment on the leaked images at this time.

Red and Yellow have since been spotted roaming around without their iconic '*M*' emblazoned candy shells on.

Perhaps it hasn't yet dawned on them that they are now naked. Whatever the case may be, one thing is for certain – the former *M&M'S* mascots have achieved celebrity status over the years and will surely be missed. Keep following this breaking news story as it unfolds at facebook.com/mmscanada and @mmscanada on twitter.

Bloodied cricket bat found at Oscar Pistorius' home

Murder investigation. Reeva Steenkamp suffered a crushed skull, but police are waiting to test whose blood is on the bat



Arnold Pistorius, right, uncle of Olympic athlete Oscar Pistorius, comforts his niece after making a statement to selected press in Pretoria, South Africa, on Saturday. DENIS FARRELL/THE ASSOCIATED PRESS

A bloodied cricket bat is the latest piece of evidence in the ongoing murder investigation into the death of Reeva Steenkamp at the home of her boyfriend, Olympic athlete Oscar Pistorius.

South African newspaper City Press reported Sunday that local police are looking into various alleged scenarios: that Oscar Pistorius attacked Steenkamp with the bat, that the model used the bat to defend herself against the Olympian, or that Pistorius used the bat to break down the bathroom door where Steenkamp was allegedly hiding from him.

Steenkamp's skull was "crushed," and police are doing tests on the bat and her body to determine if the bat caused the injuries to her head, City Press reported.

"There was lots of blood on the bat. Forensic tests will show whose blood it was," a source told City Press.

The paper also revealed police requested that Pistorius' blood be tested for drugs and steroids.

Pistorius' track career was put on hold indefinitely Sunday because of his murder charge, reinforcing the possibility that the double-amputee Olympian and disabled sports icon might never run again competitively on his famous carbon-fibre blades.

Pistorius' agent was forced to cancel all future races, he said, so Pistorius could concentrate on defending himself against allegations he murdered his model girlfriend by shooting her several times in his upscale house on Valentine's Day morning.

Reeva Steenkamp died from gunshot wounds suffered inside Pistorius' home in Thursday's predawn hours. METRO/WITH FILES FROM THE ASSOCIATED PRESS

Timeline

Olympic athlete Oscar Pistorius was charged last week with the murder of his girlfriend Reeva Steenkamp, a model, law graduate and reality-TV contestant.

- **Shot last Thursday.** Steenkamp was found shot multiple times at Pistorius' house in the early hours of last Thursday.
- **Court last Friday.** Pistorius broke down and wept at his first court appearance on Friday after he was charged with Steenkamp's murder.
- **Another appearance expected Tuesday.** He is expected to make a second court appearance on Tuesday for the start of his bail hearing.
- **In custody.** He remains in custody in a police station in Pretoria ahead of that hearing.

Steenkamp. Family will hold private ceremony

The family of Reeva Steenkamp said Sunday that her body had been released by police after an autopsy and was back in their hometown of Port Elizabeth on South Africa's southern coast.

"Reeva is back home," the late model's brother, Adam Steenkamp, told The Associated Press by phone. He had flown back from Britain, where he now lives, to be with the family.

They also said Steenkamp's funeral would be held Tuesday and would be a private ceremony for family at a local crematorium. Media will not be allowed in. THE ASSOCIATED PRESS

Reeva Steenkamp COURTESY OF STIMULII/THE ASSOCIATED PRESS

1,200 injured. Cleanup ongoing for Russian region rocked by meteor blast

Authorities in a Russian city say more than half of the acres of windows smashed in the city by an exploding meteor's shock wave have been replaced.

Friday's explosion, estimated to be equivalent to several atomic bombs, shattered glass in more than 4,000 buildings in Chelyabinsk and the surrounding region, leaving residents vulnerable in temperatures well below freezing.

The Chelyabinsk city administration said in a Sunday statement that nearly 60 per cent of the city's broken windows had been replaced.

Pieces of the meteor are believed to have fallen into an ice-covered lake about 80 kilometres outside the city, but no fragments have been reported found.

The fireball that streaked into the sky over this tough industrial city at about sunrise Friday was undeniably traumatic. Nearly 1,200 people were reported injured by the shock wave from the explosion, estimated to be as strong as 20 Hiroshima atomic bombs.

It also brought a sense of cooperation in a troubled region. Large numbers of volunteers came forward to help fix the damage caused by the explosion and many residents came together on the Internet — to find out what happened and to make jokes. THE ASSOCIATED PRESS

A local resident repairs a window broken by a shock wave from a meteor explosion in Chelyabinsk, about 1500 kilometers east of Moscow, last Friday. BORIS KAULIN/THE ASSOCIATED PRESS

Nigeria. British, Greek, Italian, Lebanese, Filipino workers kidnapped

Gunmen attacked a camp for a construction company in rural northern Nigeria, killing a guard and kidnapping seven foreign workers from Britain, Greece, Italy, Lebanon and the Philippines, authorities said Sunday, in the biggest kidnapping yet in a region under attack by Islamic extremists.

The attack Saturday night happened in Jama'are, a town in a rural portion of Bauchi state. There, the gunmen first attacked a local prison, burning two police trucks, Bauchi state police spokesman Hassan Muhammed told The Associated Press.

The gunmen then targeted a worker's camp for Lebanese construction company Setraco, which is in the area building a road, Muhammed said. The gunmen shot a guard dead at the camp before kidnapping the foreign workers, the spokesman said.

"The gunmen came with explosives, which they used to break some areas," Muhammed said. He did not elaborate, and an AP journalist could not immediately reach the town, which is about 200 kilometres north of the state capital, Bauchi.

One British citizen, one Greek, one Italian, three Lebanese and one Filipino were kidnapped, said a local government official. THE ASSOCIATED PRESS

Gas leak

Explosion in apartment house in Czech Republic kills at least one

A powerful explosion in a three-storey apartment building in the Czech Republic killed at least one resident and left five people missing on Sunday, officials said.

Lukas Humpl, a spokesman for the local rescue workers, said 11 people, including three children, were also injured and being treated at hospitals in the east of the republic.

Officials originally said two people died, but regional Police Chief Tomas Tuhy corrected that to one later Sunday. Tuhy attributed the mistake to the chaotic situation at the scene. He said three children and two adults remain missing.

Police spokeswoman Sona Stetinska said a gas leak apparently caused the blast. THE ASSOCIATED PRESS

Cheering on the pope

Followers gather to listen to Pope Benedict XVI's Angelus prayer in St. Peter's Square at the Vatican on Sunday. The pope blessed the faithful from his window overlooking the square for the first time since announcing his resignation, cheered by an emotional crowd of tens of thousands of well-wishers. GREGORIO BORGIA/THE ASSOCIATED PRESS

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Bell Let's Talk

Is your ship seaworthy? Good luck finding out

This photo provided by passenger Don Hoggatt shows the tent city built on the Lido deck of the Carnival Triumph. People stayed in the tents to escape the stench from the lower decks of the disabled ship. The Triumph arrived late Thursday in Mobile, Ala., after an engine-room fire left the ship powerless in the Gulf of Mexico. DON HOGGATT/THE ASSOCIATED PRESS

Consumer oversight. There's no easy way for prospective passengers to research a vessel's health and safety record

A byzantine maze of maritime rules and regulations, fragmented oversight and a patchwork quilt of nations that do business with cruise lines make it tough for consumers to assess the health and safety record of the ship they are about to board in what for many is the vacation of a lifetime.

Want to know about a ship's track record for being clean? Want to assess how sanitary the food is? It's not that easy to do, in part because there's no one entity or country that oversees or regulates the industry with its fleet of ships that are like mini cities floating at sea.

In the case of Carnival Cruise Lines, the owner of the Carnival Triumph that spent days in the Gulf of Mexico disabled after an engine fire, the company is incorporated in Panama, its offices are based in Miami and its ships fly under the Bahamian flag — a matrix that is not unusual in the cruise line industry.

For potential passengers seeking ship information, there's no central database that can be viewed to determine a track record of safety or health inspections. No one agency regulates everything from the cruise line's mechanical worthiness to the sanitation of its kitchens.

The Triumph left Galveston, Texas, on Feb. 7 for a four-day cruise to Cozumel, Mexico. An engine-room fire paralyzed the ship early Sunday, Feb. 10, leaving it adrift in the Gulf of Mexico.

Passengers described nightmarish conditions on board, including overflowing toilets, long lines for a short supply of food, foul odours, and tent cities where vacationers slept on deck.

Tugboats slowly towed the 14-storey vessel to Mobile, Ala. It arrived there late Thursday, Feb. 14. THE ASSOCIATED PRESS

Zzzzzzzzz. Canadians are getting bored of seeing ads for Economic Action Plan

Canadians may be growing weary of — even hostile to — all those Economic Action Plan ads the Harper government has been pumping out for the last four years.

Eight polls the Finance Department commissioned between 2009 and 2012 suggest the TV, radio, print and Internet ads are starting to fizzle — and annoying some people.

The most-recently released survey has respondents calling the material "propaganda" and a "waste of money," while fewer people than ever are taking any action after viewing the ads. The Finance Department, meanwhile, continues to air the ads, with the latest TV campaign kicking off Monday and running to April 30.

Under federal policy, departments must conduct surveys after ad campaigns to ensure taxpayer dollars are well spent.

Finance Canada has been a leader in Economic Action Plan advertising after coining the phrase for the landmark recession-fighting budget of January 2009. The plan logo with stylized arrows and blue background has been stamped on every budget since. THE CANADIAN PRESS

We'd have told you for free

$300K

The eight surveys about the action plan ads were commissioned from four polling firms and cost the government almost $300,000. They asked the same core questions of random samples of 1,000 people.

SEC. U.S. regulators allege insider trading took place ahead of Heinz acquisition

U.S. federal regulators have alleged that a brokerage account in Switzerland was used for illegal insider trading ahead of the H.J. Heinz acquisition.

The Securities and Exchange Commission obtained a court order Friday to freeze the account and prevent the assets from being moved.

The account was used for trades placed Wednesday that netted $1.7 million US after the deal was announced. The SEC says it doesn't know the identity of the traders but said they "took risky bets" that Heinz's stock price would increase.

On Thursday, Warren Buffett's Berkshire Hathaway and Brazilian firm 3G announced they agreed to buy Heinz. Heinz's stock rose nearly 20 per cent after the announcement.

The SEC is alleging that the traders must have known in advance about the pending transaction based on inside information. The traders bought call options to make a huge profit of roughly 1,700 per cent after the acquisition was announced.

Call options let investors place a bet on a stock without committing to buy the shares. Investors instead have the option to buy the shares later for a set price. THE ASSOCIATED PRESS

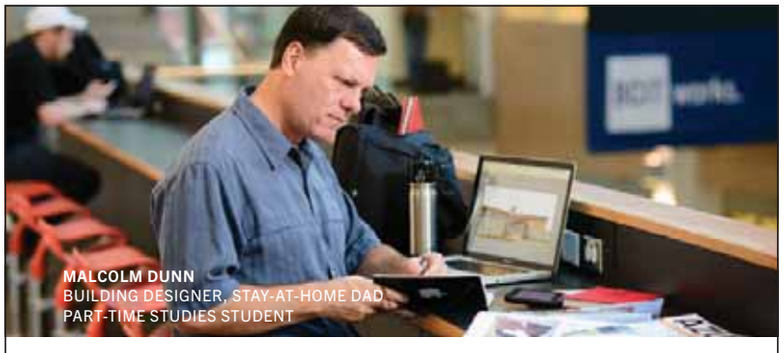
Auto safety

BMW recalls 570K cars over battery cable connectors

BMW is recalling almost 570,000 cars in the U.S. and Canada because a battery cable connector can fail and cause the engines to stall.

The recall affects the popular 3-Series sedans, wagons, convertibles and coupes from the 2007 through 2011 model years. Also included are 1-Series coupes and convertibles from 2008 through 2012, and the Z4 sports car from 2009 through 2011.

BMW says it knows of one minor collision in Canada due to the problem, but no injuries. THE ASSOCIATED PRESS



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TRUMP TOWER WORSE THAN A BAD HAIR DAY

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

Don't look now, but the Donald is coming to Vancouver.

A skyscraper bearing the Trump name, synonymous with bad hair, bad TV and bad politics, is set to rise above the city at 1133 West Georgia, across the street from the Shangri-la.

This is a development rich in symbolism, most of it phallic, but, as this is a family newspaper, we won't go there.

We could spend a fair amount of time marvelling at what is the third attempt to build something at a spot that seems cursed. The first attempt stalled in the '90s when a mid-rise development ran out of money in the construction stage, and a stark skeleton stood for 15 years until 2008, when it was demolished to make way for a stunning 60-storey tower, the last design of the iconic Arthur Erickson, who also gave us SFU and the Robson Square courthouse.

This blows

Would you buy into a building run by some guy who attracts lawsuits the way horses attract flies? A guy who's still trying to prove the U.S. president's birth certificate is a fake?

It would be a combination hotel-condo project: the Ritz Carlton would manage the hotel, and the condos, oh, the condos: The penthouse would go for $28 million. Top of the world, Ma.

Remember that year, 2008?

Erickson died not long after, and the project, maybe not dead, went into the same kind of suspended animation we had come to take for granted at this black hole for developer dreams.

Then, last April, developer Vancouver-based Holborn Group announced the project would be restarted with a new operator for the hotel, just now revealed as the Donald. The developer will keep the Erickson design, featuring a trendy twist on its axis, adding units by increasing the height and lowering ceilings. The new version will be 67 storeys at 188 metres, just slightly below the Shangri-la, which is 201 metres.

Ask yourself: Would the Donald be involved in the second-highest building in town? Look for that to change.

As someone whose drive to work takes him past the pit at 1133 West Georgia for the past 25 years, I'm all for the completion of Arthur Erickson's soaring legacy, even if it does have Trump stamped all over it. Anyway, it appears to come with the density: What major city in North America does not feature a Trump tower?

But the name, once a symbol of outrageous luxury, is now just outrageous, as the Donald's failures are as prominent as his successes. Would you buy into a building run by some guy who attracts lawsuits the way horses attract flies? A guy who's still trying to prove the U.S. president's birth certificate is a fake?

It doesn't matter what you think. At $1,600 a square foot, you can't afford it. If you want a piece of the Vancouver sky, it helps to be a billionaire.

And the Donald is still a billionaire, even if he is number 401 on the Forbes 400. If he can't get 1133 West Georgia out of the black hole, who can?

Good luck, Donald. You're hired! Don't let us down.

It remains to be seen if the Donald's development will gel with the rest of the city. GETTY IMAGES

Let me sleep on it

LEE JIN-MAN/THE ASSOCIATED PRESS

Mass marriage

It's a nice day for 3,500 weddings

A couple takes a nap before their mass wedding ceremony in South Korea on Sunday.

Some 3,500 South Korean and foreign couples exchanged or reaffirmed marriage vows in the Unification Church's mass wedding arranged by Hak Ja Han Moon, a wife of the late Rev. Sun Myung Moon, the controversial founder of the Unification Church.

THE ASSOCIATED PRESS

I vow to dress the same

Critics slam tradition for its cult underpinnings

The identically dressed couples — many of mixed nationality who had met just days before — took part in the ceremony.

Mass weddings, some held in giant sports stadiums with tens of thousands of couples, have long been a signature feature of the church and one that "Moonie" critics have pointed to as evidence of cult underpinnings. It was the first mass wedding since Moon's death. THE ASSOCIATED PRESS

I don't know you

- The church's mass weddings began in the early 1960s. At first, they involved just a few dozen couples but the numbers mushroomed over the years.
- In 1997, 30,000 couples tied the knot in Washington, and two years later around 21,000 filled the Olympic Stadium in Seoul.
- Nearly all were personally matched by Moon, who taught that romantic love led to sexual promiscuity, mismatched couples and dysfunctional societies.
- Moon's preference for cross-cultural, international marriages meant that they often shared no common language.
- In recent years, matchmaking responsibilities have shifted towards parents, but 400 of the church members married on Sunday had chosen to be paired off a few days before at an "engagement ceremony" presided over by Moon's widow.

Study says

Hummingbirds returning home earlier every year

Ruby-throated hummingbirds are arriving in North America each spring several weeks earlier than in the past, and research indicates that higher temperatures in their winter habitat may be the reason.

Scientists at Clemson University in South Carolina, Taylor University in Indiana and the University of Nebraska have compared recent data showing the birds' first arrival times with information going back to the late 1800s.

The findings show the birds are arriving from their wintering grounds in Central America 12 to 18 days earlier than in the past.

The scientists say that though warmer weather in Central America may be forcing the birds to fly north earlier, the food they need when they arrive may not be available yet.

THE ASSOCIATED PRESS

Twitter

@BrentToderian: Great to see such a diverse crowd here at the Chinatown Parade, reconnecting with a GREAT community. #Yearofthesnake pic.twitter.com/e9j8mUe5

@VanCanucks: CONGRATULATIONS HENRIK! Your #Canucks Captain, Henrik Sedin, is now our all-time scoring leader.

@FarhanLaljiTSN: David Booth expects to play at some point on the #canucks upcoming road trip

@supervancouver: Get unique fashion and crafts at the @blimblimblim Market today at Heritage Hall on Main St in #Vancouver http://ow.ly/hNaN4

@behlendorfs: why has vancouver been pretty for the last 3 days omg

metro
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The Deftones enjoy transcending genres: 'We could play Lilith Fair if we had a girl in the band,' says Chino Moreno, centre. 13THWITNESS

Love at first sound: Deftones find romance in their music

Seventh album. 'We still have a lot of energy and it's not like mad energy where we need to vent,' says frontman Chino Moreno

LINDA LABAN
scene@metronews.ca

Crunchy-punchy guitars? Check. Pummelling rhythms? Check. The Deftones' fall-released seventh album is heavy. ... Check. This makes its ethereal, romantic title, Koi No Yokan, a little perplexing.

"There's no English translation for it, which is why we picked it," says Deftones frontman Chino Moreno. "But it roughly translates as a premonition of love, or seeing somebody for the first time and knowing that you're going to fall in love with this person. It's sort of like love at first sight, but a bit different. It's a beautiful sentiment that describes something kinda neat."

The album is not, however, a bunch of love songs. Just as the Deftones go beyond heavy with their arty metal-rap-electronic hybrid, the Los Angeles quintet went tangential with the phrase and found Koi No Yokan in the studio.

"Music gives you these feelings as well. You feel passionate about it. It's also a very optimistic thing. We feel optimistic. The music isn't coming from a distraught place. We aren't making music as therapy; we know what to do with our emotions," the chatty Moreno tells Metro. "It's music coming from a positive place instead of needing it for therapy. We still have a lot of energy and it's not like mad energy where we need to vent. We're happy that we're here and have each other and have the opportunity to make music."

It's that transcendental bent that has surely helped the band deal with the tragic accident four years ago that left bassist Chi Cheng in a coma.

"There's a lot of uncertainty, of course, but Chi is alive, so there is optimism," Moreno says. "So we deal with it that way rather than let it control us."

Transcending genres

Metal, rap, whatever

Moreno loves transcending genres: "I think we could play Lilith Fair if we had a girl in the band!" he jokes. "I'm proud of that. It's rad that we're able to do different kinds of shows with different types of music fans. That's an honour. It keeps it open. There are not so many walls around us."

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Katy Perry ALL PHOTOS GETTY IMAGES

Perry and Mayer ready to take the next step?

Katy Perry's jewelry choices are sending some interesting signals about the status of her relationship with John Mayer, as the Firework singer stepped out on Valentine's Day with an impressive heart-shaped ruby ring on her engagement finger, leading many gossip sites to wonder if there was some news coming soon about Mayer popping the question, according to E! News. Perry's rep had no comment on the fashion choice, but Perry and Mayer did have quite the romantic Valentine's Day, sharing a meal before taking in a movie together. For Mayer's part, he definitely seems particularly smitten with Perry. "I don't feel like I'm in a celebrity relationship," he said in a recent CBS This Morning interview. "I know it's high-profile. It's hard to explain." And as for whether he plans to get married at some point, Mayer said, "Of course. I mean, I'm still the kid from Connecticut. That's what you do."

Fourth time around for Rudolph

While the future of her sitcom, Up All Night, is up in the air, Maya Rudolph at least knows she'll have more work at home soon enough. The Bridesmaids star is reportedly expecting her fourth child with husband Paul Thomas Anderson, according to the Hollywood Reporter. Rudolph has reportedly already informed her NBC bosses that she is expecting, though both she and the network declined to comment. Rudolph and Anderson are also parents to daughters Pearl, 7, and Lucille, 3, and son Jack, 19 months.

Maya Rudolph

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Kate Upton's frostbite hotter than a James Bond meet-up

STARGAZING
Malene Arpe
scene@metronews.ca

You can try to hide all you want David Beckham. We know you used a butt double for your H&M commercial.

Mila Kunis, who is dating Ashton Kutcher, tells a magazine she loves being single. "Yeah well," says Ashton. "I love meatloaf. And socks. And, and ... you snore. So there."

Pierce Brosnan suggests he isn't in any way interested in attending some possible Bond star get-together at the Oscars. "Hey! I'm free," says the Pope.

This week in over-achieving children. 1) Brangelina's four-year-old, Vivienne, earned $3,000 a week for starring in Maleficent. 2) Alyssa Milano claims her son started talking at four months. 3) Beyoncé says her one-year-old daughter is her "best friend." 4) Julianna Margulies says that her five-year-old son gets very upset if he doesn't get seven new books from the library every week. 5) Your permasnotty toddler just threw up in your hair.

H&M confirms that David Beckham used a butt-double for his recent underwear commercial. Is nothing real? Are we living in an evil MATRIX made of BUTT LIES? Why is EVERYTHING a dirty, dirty scam of tears? THIS IS WHY WE CAN'T HAVE NICE THINGS!

Kate Upton gets frostbite while posing for the Sports Illustrated cover photo shoot in Antarctica; the pitchman for The Heart Attack Grill in Vegas dies of a heart attack; and some person from Buckwild gets arrested over possession of "a large quantity of Oxycodone." Yes! That's right! It's time to play Least Surprising Thing Ever!

Carrie Underwood says she's not feuding with Taylor Swift and Jessica Chastain denies feuding with Jennifer Lawrence. However, Carrie can't stand that harridan Jennifer and if Jessica ever sees Taylor Swift again she'll give her something to sing about.

Kristen Bell: Dog pee does not turn me on

Kristen Bell is disputing a Star magazine story that claims the pregnant House of Lies star and fiancé Dax Shepard were "getting frisky" during a visit to a West Hollywood veterinarian's office. "This is gross," Bell explains on her WhoSay page. "Obviously this never happened, and if I ever was turned on around the smell of dog piss, I certainly wouldn't apologize for it."

Kristen Bell

Grant a proud papa again

Hugh Grant has really taken to Twitter, using it in his campaign against the News of the World as well as for important announcements — like the fact that he's a father for the second time. "In answer to some journos, am thrilled my daughter now has a brother. Adore them both to an uncool degree. They have a fab mum," he tweeted this weekend, referring to on-again, off-again girlfriend Tinglan Hong. "And to be crystal clear, I am the daddy."

Twitter

@Rihanna
When your face is pic-stitched to Princess Diana's on the cover of The Sunday Times.... I mean.....

@JuddApatow
Neck went out. So hard to sleep with a spasming neck. Gonna listen to a podcast about Banking as a sleeping pill. Then use a real pill.

@WhitneyCummings
Yolo is basically carpe diem for stupid people

@kirstiealley
gotta run...the cops are at the door...I was "tweeting" if they ask

Survey

More than 70 per cent of pet owners put furry fam members in will

A recent survey conducted by the "pet parenting" website Pet360 found that more than 70 per cent of pet owners provide for their "furry family members" in their last will and testament.

The study looked at just how far pet owners are willing to go to spoil their four-legged pals.

Unsurprisingly, 99.4 per cent of respondents said they consider their pets to be part of their family. More than 99 per cent of the survey-takers' pets share a bed with a human family member. And 99.4 per cent sing or talk to their pets.

Three in four people said they would rather be stranded on a desert island with their pets than with a human companion, and 42.5 per cent said they wouldn't go on vacation if they couldn't bring their pet along.

Seventy-five per cent of those who took the survey said they celebrate their pet's birthday or adoption day. Three in four respondents have shared an ice cream cone or Popsicle with their pet.

Nine in 10 of survey respondents "wouldn't bat an eye" at spending $100 on a cat or dog bed, while a handful said they'd spend $1,000 on a diamond-studded collar.

ALEX WIGGLESWORTH, METRO WORLD NEWS

Exclusively online

Sadly mommy's gym membership fees aren't helping her build muscle or your RESP fund. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Height of customization just for your new arrival

Nursery. Picking out the perfect art or decorations can be a daunting task. A unique site helps expecting parents

CHRISTINA WALLACE
Metro World News in Boston

Parents looking to create a unique nest for their babies are turning in droves to the countless shops on Etsy that focus on custom nursery decor and artwork.

"I had looked previously on other traditional sites, but I liked the idea of getting something that was a bit less mainstream," says Traci Tasso, a New York mom who purchased art on Etsy for her daughter's nursery.

The crafting website has been around for about seven years, but lately more specialists on the site are churning out crafts for little ones.

From quilts to baby bumpers, Etsy is chock full of items that can be customized by gender, theme and colour scheme frequently at a much lower price than from a local boutique.

Moms and dads can best their neighbours' nurseries by having crib skirts monogrammed, artwork created to reflect their boy's favourite baseball teams and canvases painted to perfectly match bedding.

"It's the height of customization because you can get pretty much anything you want," says Jen Snyder, a Michigan mom who sells digital prints at Area Fare Kids on Etsy.

The conversation element of Etsy allows artists and buyers to message back and forth and customize orders. Many of the artists are moms-turned-artists who garner inspiration from their own little ones.

"I couldn't find anything that I loved in the stores, and since I have always enjoyed drawing and painting I decided to create something for above (my son's) crib," says Stephanie Brandt of Philadelphia, whose store on Etsy is called Just Bunch.

"I had enjoyed making the artwork so much, and had received so many compliments on it, that I decided to create designs and put them for sale."

Unique

"I looked previously on other traditional sites, but I liked the idea of getting something that was a bit less mainstream."

Traci Tasso
A New York mom who purchased art for her daughter's nursery on the site Etsy.

Looking for something less mainstream for the nursery? Try Etsy. ISTOCK

Toys

Tamagotchi returns as app

Tamagotchi is re-hatching as an app. Bandai America Inc. and Sync Beatz Entertainment are hoping to revive the electronic pet craze of the 1990s with a new mobile app launching for Android devices. The app duplicates the egg-shaped plastic toy that became a must-own sensation.

Sync Beatz, which has licensed Tamagotchi from Bandai, is calling the app Tamagotchi L.i.f.e. — with L.i.f.e. standing for "love is fun everywhere." Much like the original, the app tasks users with taking care of a virtual pet. If a Tamagotchi is neglected, it dies.

"The idea was to base the gameplay on the original Tamagotchi that everyone knows and loves," said Shin Ueno, chief marketing officer at Sync Beatz. "As we move along, every two months, we'll refresh the app." THE ASSOCIATED PRESS

The mobile app Tamagotchi L.I.F.E. AP PHOTO/RICHARD VOGEL

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Good things come in small Creamy Egg & Salmon Pouches

This recipe makes 24 pouches. EGG FARMERS OF ONTARIO

Each little pouch is stuffed with delicately flavoured eggs and smoked salmon, making a perfect bite-sized morsel.

You can make the pouches, cover them with plastic wrap and refrigerate for up to four hours. Uncover and bake them while your guests arrive to serve warm, fresh and crisp.

1. In a non-stick skillet, melt butter over medium heat and cook shallot for 2 minutes or until softened and starting to brown.

2. In a bowl, beat eggs. Pour into skillet and cook, stirring gently, forming large curds from the outside edge of pan into the centre. Stir in cream cheese until melted. Remove from heat and stir in smoked salmon and chopped chives; set aside to cool.

3. Meanwhile, place one sheet of phyllo on work surface; brush with butter. Top with second sheet; brush with butter. Top with third sheet and brush with butter. Cut into 12 squares. Place 1 tbsp (15 ml) of the filling in centre of each square. Bring up corners, pinching above filling to secure, twisting slightly to seal. Repeat with remaining phyllo and filling to make another 12 pouches.

4. Place pouches in single layer on a parchment paper lined baking sheet. Bake in 400 F (200 C) oven for about 10 minutes or until golden. Let cool slightly before serving. EGG FARMERS OF ONTARIO

Ingredients

Prep time: 5 minutes
Cook time: 15 minutes

- 1 tbsp (15 ml) butter
- 1 small shallot, minced
- 4 eggs
- 1/4 cup (60 ml) herb and garlic cream cheese
- 2 oz (60 g) smoked salmon, finely chopped
- 1 tbsp (15 ml) chopped fresh chives (optional)
- 6 sheets phyllo pastry
- 1/3 cup (75 ml) butter, melted

Healthy eating

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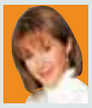

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What's a steak dinner without dessert? The Keg has sweet endings, but some will cost you more in calories and fat than others.

The Keg chocolate cake with ice cream

1,059 calories / 59 g fat
Layered chocolate cake with creamy frosting and ice cream gives you three quarters of your daily calories and fat for the day! Excess butter, cream, sugar and chocolate are the culprits.

Equivalent

One chocolate cake with ice cream from the Keg is equivalent in fat to three and a half eight-oz grilled top sirloin steaks.

The Keg Billy Miner pie

573 calories / 31 g fat
The combination of mocha ice cream, chocolate crust, hot fudge, caramel and almonds offers half the calories and fat of the cake and ice cream. And it's delicious!

Blueberry mincemeat meets sweet tart shell for quick treat

Ingredients

- 300 ml (1 1/4 cups) each sultana and golden raisins
- 125 ml (1/2 cup) dried cranberries
- 125 ml (1/2 cup) mixed candied citrus peel
- 125 ml (1/2 cup) brown sugar
- 125 ml (1/2 cup) margarine
- 5 ml (1 tsp) grated lemon rind (yellow part only)
- 30 ml (2 tbsp) brandy
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) ground cinnamon
- 2 ml (1/2 tsp) ground cloves
- 2 ml (1/2 tsp) ground ginger
- 2 ml (1/2 tsp) ground nutmeg
- 1 l (4 cups) blueberries

1. In mixing bowl, combine all ingredients except blueberries.

2. Stir in blueberries and let mixture sit overnight in the refrigerator to let flavours combine and raisins to plump.

3. If not using immediately, pack into sterilized jars and process, or freeze.

4. To use, spoon mixture into purchased or homemade tart or pie shells, filling two-thirds full. If desired, decorate with extra pieces of pastry cut into shapes. Bake in the bottom third of a 190 C (375 F) oven for 15 to 20 minutes or until pastry is lightly browned (a single-crust pie will take at least 10 minutes longer).

THE CANADIAN PRESS/ BC BLUEBERRIES

Makes about 1.75 l (7 cups) of mincemeat mixture. THE CANADIAN PRESS H/O

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Take your coffee with a dash of confidence

Cooks who care.
At-risk youth learning how to prep and plate with help from mentors

Amanda Weeks, 21, puts baked goods on display at the YOU Made It Cafe, an employment skills training program in London, Ont. DAVE CHIDLEY / THE CANADIAN PRESS

From the outside, except for the slightly unusual name, you might not suspect there's anything special about the YOU Made It Cafe in downtown London, Ont. But for 16 young people a year, the café is a place of new, maybe even life-changing, beginnings.

The cafe is operated by Youth Opportunities Unlimited, an independent, non-profit social service agency that offers a comprehensive program of employment services to youth dealing with homelessness, unemployment and/or lack of education.

YOU generally serves young people 16 to 24, "but there's no hard and fast rule," says Christine Dirks, director of marketing and communications. They may be referred by other agencies, but word of mouth among youth is the most common way they find YOU. In all its programs, the organization serves at least 3,600 individuals a year, but that could translate into upwards of 40,000 contacts

Inside the café, two large blackboards list the full breakfast, lunch and beverage menus (it's not open for dinner) and a third promotes the day's soup and salad specials. Selections run the gamut from pizza and burgers to gourmet sandwiches and pasta dishes, all made from scratch. Eclectic art decorates the walls and there is a bank of coffee makers and urns.

But the real action happens back in the kitchen, says Lois Holden, manager of enterprise services for YOU. There, under the tutelage and mentorship of executive chef Ricardo Cavaco, and four part-time staffers, four new trainees every 13 weeks learn how to slice and dice. They learn how to read a recipe, food preparation techniques, how to assemble a dish and sometimes how to cook. At the front of the house, they learn about customer service, how to run the cash register and make fancy coffees.

The café's also under contract to supply 1,200 to 1,300 meals a week to Meals on Wheels and have two other much smaller meal-supply contracts. Last week they held their main annual fundraiser, a breakfast for 650 at the London Convention Centre.

"The kitchen is always busy," says Holden.

Involvement with YOU is strictly voluntary. The trainees have to apply for their paying jobs and, before they begin, they must get certified in safe food handling.

But the training is about much more than just food, she says.

"A huge part of what we're training them in is employability skills — how to be punctual, how to be reliable and why, what employers expect."

They work 30 hours a week at the café, but additional time may be spent learning how to write a resumé, do a job search and develop interview skills. Employees may also take general educational development (GED) classes conducted by YOU toward a high-school equivalency certificate.

In return, part of YOU's mandate is to help trainee graduates get jobs in the private sector. Their success rate is more than 80 per cent, Holden says proudly.

THE CANADIAN PRESS

Serving up success

"A huge part of what we're training them in is employability skills — how to be punctual, how to be reliable and why, what employers expect."

Lois Holden
Manager of enterprise services for YOU

Life preserver

- As a group, besides serving café customers, they make about 3,000 jars of jams, jellies, spreads, salsas, relishes, chutneys and barbecue sauces a year, which are sold at the café, at a Covent Garden Market kiosk in London and at special events. The products are also wholesaled locally to a high-end grocery store.
- This part of the program has been running since 2004 and, before the café opened, operated out of church kitchens.

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Logging onto LinkedIn is one thing, presenting your persona is another

Nicole Williams asserts that statistically speaking, engaging with LinkedIn once a week can increase your chances of having your profile viewed by a recruiter tenfold. ISTOCK

Success on the screen. Get some networking know-how from a LinkedIn liaison

TINA CHADHA
Metro World News in New York

Finding a new job may be as easy as adding a photo to your LinkedIn profile. Nicole Williams, spokeswoman for the site and career coach extraordinaire, shows us how to make the world's largest professional networking site work for us.

Add more than one position

Your profile is 12 times more likely to be viewed if you have more than one position listed. It really is worth taking the time, even if you worked in a different industry. One great example is a friend who said, "I used to work in nursing years back and now I'm in marketing. There's no connection between it."

It turns out that Proctor and Gamble was looking for someone who had a background in medicine and that was what ended up putting her ahead. So list positions including internships and volunteer work.

Recruiters are on LinkedIn and by virtue of the way they're searching, using key words and the duration of your career, they'll be able to find you better.

Share something

On your profile page there is a share component. Say you've read a great article — share it with your community. You should be sharing so that you're top-of-mind. You're illustrating the fact that you're learning things and you become known as an influencer within your community.

Add a photograph already

Your profile is seven times more likely to be viewed if you add a photograph. We use the analogy of, you're looking for a house and (the listing) is fantastic and you're like, 'This is perfect for me,' and then there's no picture. The question is, 'Is this legitimate?' That's what ends up happening on your profile. A photograph legitimizes who you are. And smile. Add some energy to it.

Expert advice

Making connections

- "If there is someone in your industry who you'd like to get to know, don't use the standard connection request. Send a tailored note," says Williams.
- "Create some kind of reference that you have in common. Whether or not you went to the same school or perhaps you've read something about this person in an industry magazine. You can say, 'Hey, congratulations! That's great work. I'd really love to follow your career. You're doing something really interesting and I'd love to learn from you.'"
- "That kind of connection request is going to garner a response so much more so than the standard request."

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Smart and sexy: Patti Stanger

Millionaires not made overnight, says Patti

No stranger to hard work. TV's favourite matchmaker gives young entrepreneurs a piece of her mind

DAN SCHAWBEL
Metro World News in Hollywood

In light of Valentine's Day this week, I spoke to Patti Stanger, who is the star of Bravo TV's The Millionaire Matchmaker, now in its sixth season.

Her new website, Pattiknows.com, doles out advice on relationships, beauty and life. She also co-founded TY KU Sake with Cee Lo Green.

What do you recommend to people trying to set goals this year?

I believe that goals should be obtainable. You're not going to be a millionaire overnight and a lot of people want to start their own websites to get their brand out there — that's a great goal to achieve, but you have to take one step at a time.

For someone who's stopping smoking, try different methods.

Keep a journal to help find the thing that makes you feel good.

What common career mistakes do you see people making?

I think this generation is lazy. They think they can get famous overnight. Look at Jessica Chastain — she's been around for a very long time, working her ass off acting since her teens, and everyone thinks she's an overnight sensation.

You've got to go the extra mile to be noticed. Work harder, work smarter and really fine-tune your skill set.

What are your top pieces of career advice?

I look back at my four years at the University of Miami and even though I love that college to death, and I had the best time, it didn't teach me to balance a chequebook.

Life experience is what you should be focusing on. Find a mentor who you worship and say: "Can I work with you for free? Can I intern?"

People come to me and they're like, "Well, you don't pay for interns?" and I'm like, "If I was paying for an intern, I'd get a real person who knew the job."

The In-Credibility Factor

Name: Alex Levy
City: Toronto
Age: 26
Occupation:
CEO and lead designer of MyVoice

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

A book on robots changed Alex Levy's life when he was nine years old. Seventeen years later, he's changing the world with an application developed for iDevices that is allowing people with speech difficulties to communicate with ease.

Alex had just started a new job at the University of Toronto science department when a man with extreme speech difficulties asked Alex if he could help him.

Within two weeks Levy designed the app that has not only changed the man's life but has given others afflicted with speech problems due to stroke, autism and cerebral palsy a new way to communicate.

Alex Levy's invention is revolutionizing the way in which people with speech challenges can communicate. PROVIDED

I knew I was on my way when...

We kept going to conferences and people saw us demonstrate the app. They all wanted to buy it so I went to my professor. He said, "Why not take four or five years of your life and make it a product?" That was two years ago and it became the inception of MyVoice, the company.

We have two devices on the market right now helping people from two years of age and up.

We had one woman call us in tears because for the first time in her daughter's life she was able to say, "I love you, Mom."

She was so moved she had to call and thank us. We were all crying in the office too.

That's what makes what we do so special and why we wouldn't do anything else.

Action Plan

Clarity of vision

Be crystal clear on what you want to accomplish and be able to verbalize it properly so people will grasp and understand what you're saying.

Pin down the difference you want to make in the world and then go for it with a maximum amount of intensity.

Don't spread yourself too thin and take on too many challenges

It's better to be the absolute best at what is important to you than do an average job at 20 different things.

Innovate and advocate

If you're doing something that is really innovative you need to be a salesperson and an advocate of your technology.

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Canucks sing the Blues in shootout loss to St. Louis

Sold-out game at Rogers Arena. Alain Vigneault: 'They were all over us in the second period'; team now heads out on the road for four games

CAM TUCKER
cam.tucker@metronews.ca

The Canucks looked like they were skating in wet cement through large portions of Sunday's game against the St. Louis Blues. Other times they looked fast and energetic.

It all amounted to a 4-3 shootout loss to the Blues before an announced sold-out crowd at Rogers Arena.

T.J. Oshie and Andy McDonald scored in the shootout — Oshie beat Roberto Luongo on a shot the Canucks goalie barely moved on — and Ryan Kesler and Alex Burrows were stymied in their attempts.

The Canucks now head out on the road for four games, beginning Tuesday night against their arch rivals and the National Hockey League's best team right now, the Chicago Blackhawks and their 12-0-3 record.

Ryan Kesler opened the scoring with his first of the season, coming in his second game, on the power play.

Vancouver had seven shots through first eight minutes and 40 seconds of the opening period. From that point to the end of the second period, they mustered a paltry five shots on Blues goalie Jake Allen.

"They were all over us in the second period," said Canucks coach Alain Vigneault of the Blues. "They were the much better team."

The Canucks awoke from their slumber in the third but almost lost this game in regulation.

Blues winger Vladimir Sobotka's shot from the left faceoff circle redirected off his teammate Patrik Berglund and over Luongo's left shoulder at eight minutes into the third period. The goal broke a 2-2 deadlock.

But Canucks winger Mason Raymond tied the game on the power play with 1:47 left in regulation.

Injury update

Manny back on his skates

Manny Malhotra, the Canucks centre who was placed on injured reserve for the remainder of the 2013 season last week due to the club's concerns for his safety following an eye injury almost two full years ago, took part in the morning skate Sunday.

"Well, he's still a part of our team," head coach Alain Vigneault told reporters.

"We want him to be around the players, we want him to continue to have that solid impact that he has with our group by the way he conducts himself. Any time he wants to step on the ice and skate with our guys, he's more than welcome." METRO

Canucks goalie Roberto Luongo stops a shot from St. Louis Blues forward David Perron on Sunday at Rogers Arena. DARRYL DYCK/THE CANADIAN PRESS

Whitecaps remain perfect ... in pre-season

Vancouver head coach Martin Rennie looks on during the Whitecaps' game against the Charleston Battery during the Carolina Challenge Cup on Saturday in Charleston, S.C. The Whitecaps topped the Battery 3-2. RAINIER EHRHARDT/GETTY IMAGES

The Vancouver Whitecaps improved their record to 2-0 in the Carolina Challenge Cup pre-season play with a 2-0 win over College of Charleston on Sunday.

Offseason acquisition Paulo Jr. scored twice — a right-footed boot from inside the box in the 10th minute and a header from the top of the six-yard box in the 28th minute. The Whitecaps picked up Paulo Jr., a 24-year-old Brazilian midfielder, with the 10th pick in Stage 2 of the MLS Re-Entry Draft in December.

Corey Hertzog added an assist on the first Paulo Jr. goal, and Russell Teibert set up the second goal.

Carolina Challenge Cup

Whitecaps	COC
2	0

It was an excellent game tonight," head coach Martin Rennie told WhitecapsFC.com.

"We put in a good shift for the whole game and I was really pleased with how we played. I thought that there was a number of very good performances.

"I would have liked to have seen us be a little bit more clinical in the final third, connect our passes just a little bit better, but overall our possession, our movement, our defending was very good and our pressure on the ball was excellent. It resulted in us not really giving up a shot on goal, so overall I'm very pleased and it's a good sign."

The Whitecaps have yet to lose in exhibition play this pre-season. They play the Houston Dynamo Wednesday in Charleston, S.C., and begin the regular season against Toronto FC at BC Place on March 2.

CAM TUCKER/METRO

AHL

MacLeod stable after on-ice seizure

Springfield Falcons forward Wade MacLeod, a Coquitlam Minor Hockey product, suffered a seizure after getting hit into the glass during the second period of Sunday's AHL game against the Adirondack Phantoms.

MacLeod was transported to the Baystate Medical Center in Springfield, Mass., and was stable and alert, the team announced in a statement.

The game was postponed.

MacLeod has spent each of the last three seasons with the Falcons. He had four goals and 11 points in 20 games with Springfield this season.

Last season, MacLeod had 10 goals and 29 points in 66 games with Springfield. METRO

AHL

Heat toppled in Milwaukee

Magnus Hellberg made 23 saves and Michael Liambas scored a tiebreaking goal in the third period as the Milwaukee Admirals beat the Abbotsford Heat 3-1 on Sunday in the American Hockey League.

THE CANADIAN PRESS

NBA

Paul MVP as West outlasts East

Kevin Durant scored 30 points, MVP Chris Paul had 20 points and 15 assists, and the Western Conference beat the East 143-138 on Sunday night in the NBA all-star game in Houston.

THE ASSOCIATED PRESS

West all star Kevin Durant rises for a dunk on Sunday night in Houston. GETTY IMAGES

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
The Sun's journey through the most sensitive area of your chart over the next few weeks could undermine your confidence a little. But only a little. As an Aries you are seldom down for long – and never out!

Taurus
April 21 - May 21
Don't sit at home watching the TV this week – get out into the world and make new friends. You are not as set in your ways as some people believe and now would be a good time to prove it.

Gemini
May 22 - June 21
This is an important week for you as the Sun moves into the career area of your chart. If you want to move up in the world now is the time to do something about it. Don't just think and plan – act!

Cancer
June 22 - July 23
There are no limits to what you can do but that does not mean you should try to do everything. If you focus on the two or three areas that mean most to you you'll astonish everyone by what you achieve.

Leo
July 24 - Aug. 23
You may not be happy with what happens over the next 24 hours but there are very good reasons why it is occurring. Maybe you should find out what they are. Your financial wellbeing may depend on it.

Virgo
Aug. 24 - Sept. 23
The Sun in your opposite sign as from today urges you to think of yourself, not as an individual, but as part of a team. Let partners and colleagues know you are ready and willing to move forward together.

Libra
Sept. 24 - Oct. 23
Why so much anxiety? The fact is you have precious little to be worried about and if you play your cards right this week you could move ahead in leaps and bounds on the work front. Plan your days well.

Scorpio
Oct. 24 - Nov. 22
Today's cosmic influences will help you cut loose from ties that no longer inspire you. Creative and artistic matters are also well starred: you could be close to the breakthrough you have been dreaming of.

Sagittarius
Nov. 23 - Dec. 21
The Sun in the emotional sign of Pisces could see you getting a bit touchy this coming week and you certainly won't be happy with the way a loved one talks to you. Don't overreact though – it's not important.

Capricorn
Dec. 22 - Jan. 20
If you push too hard or demand too much today you could make an enemy of someone who should really be a friend. The Sun's change of signs makes it easy for you to communicate, so ask nicely – don't insist.

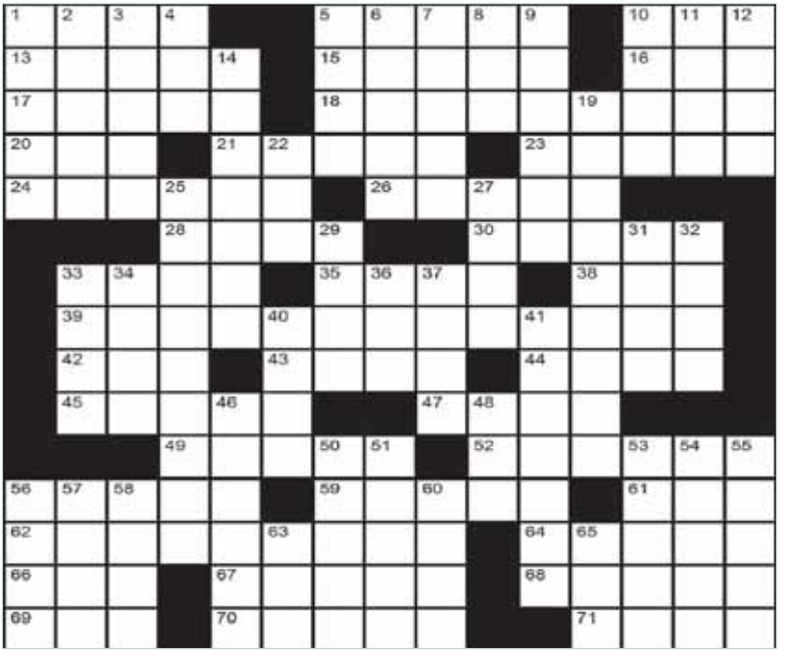
Aquarius
Jan. 21 - Feb. 19
Try not to worry too much about money. The next few days could bring good news or bad as far as your finances are concerned but either way it's important that you keep things in perspective. Don't react excessively.

Pisces
Feb. 20 - March 20
This is your time of year, so make the most of it. The Sun's entry into your sign today marks the start of a four week phase when you can and you must believe you are destined to succeed. You are!

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



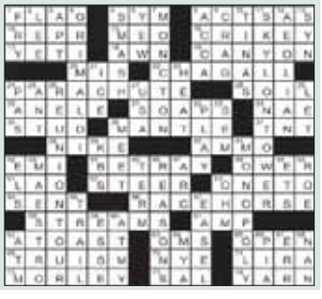
Across

1. __ shirt (Casual top)
5. Ca and Fe, e.g., in chemistry class
10. Juno-winning artist whose new double album is 'BLack on BLonde'
13. Toronto-born actor Stephen Amell's adventure series airing on CTV
15. Challenger
16. Lennon's love
17. Egypt's capital
18. Oscar-winning movie Russell Crowe starred in
20. Costa Rica's __ Peninsula
21. CTV's "W5" host Mr. Robertson
23. Inclined
24. "Take care of yourself.": 2 wds.
26. Smooth transition
28. Cake's frosting-applier
30. Bright fishies
33. Beige
35. Map's right direction
38. Corp. leader
39. This hit show's theme song is by the Barenaked Ladies, "The __ __ __"
42. Water: French
43. Legend
44. Those in charge, e.g.
45. Disturbs
47. Stack
49. Workshop items
52. People of the Nass River in BC
56. Mr. Schindler (Liam Neeson role in 1993)
59. Surpass
61. Tear
62. Official residence in Ottawa of the Leader of the Opposition
64. Actress Ms. Birch
66. Race unit
67. Student: French
68. Shock weapon
69. Sounds of dismay
70. Shopping __
71. "Hey, there..."

Down

1. Taylor's 'Twilight' flicks character
2. Delete
3. Solo songs
4. And not
5. Therefore
6. Namesakes of Herman Munster's wife
7. Avoid
8. Angry
9. Make a mistake: 2 wds.
10. Stringed instrument of Japan
11. "__, __, you noblest English." - Shakespeare
12. Hurting
14. Pack's furry new arrival: 2 wds.
19. (416), and others: 2 wds.
22. Cake make, Sara __
25. Rock fan's fake-playing instrument: 2 wds.
27. Dressed-in-black rock look
29. Nevada gambling town
31. Man's title in Germany
32. Some beans [var. sp]
33. Celebrity hairstylist Jose
34. "Bye!"
36. Farming, for short
37. Dance move
40. As well
41. Prime Minister Pierre __ Trudeau
46. SNL's Canadian creator Mr. Michaels, and others
48. Non-affiliated politician, for short
50. Bring down
51. Sophisticated
53. Canadian actor Paul
54. Buenos __, Argentina
55. Separated
56. Norway's capital
57. Remain
58. Keystone officers in old comedies
60. Chinook salmon
63. "Naveed" rock gr.
65. Occurrence, poetically

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	3	2	9					
4				2				3
				5				9
3		6			2		4	
1	4						7	6
	7		5			3		8
7				8				
9				1				2
					4	8	5	

Friday's Sudoku

9	1	5	7	6	3	2	4	8
7	3	2	8	1	4	6	9	5
6	8	4	2	5	9	7	1	3
4	7	8	6	9	1	3	5	2
1	2	3	5	7	8	9	6	4
5	6	9	3	4	2	8	7	1
2	9	6	4	3	5	1	8	7
3	4	1	9	8	7	5	2	6
8	5	7	1	2	6	4	3	9

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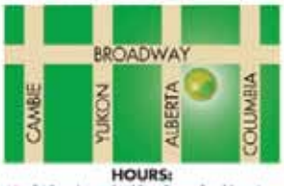
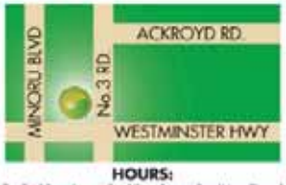


HOURS:
Mon-Fri 9am-6pm • Sat 10am-5pm • Sun 11am-4pm

SURREY
604.582.GOLD(4653)
120-10362 King George Hwy, Surrey
(London Station Mall – Next to London Drugs & near the Surrey Central Skytrain)

HOURS:
Mon-Fri 9am-5pm • Sat 10am-5pm • Sun Closed

RICHMOND
604.273.GOLD(4653)
5951 No. 3 Road,
Richmond



HOURS:
Tue-Fri 10am-6pm • Sat 10am-5pm • Sun/Mon Closed

NORTH VANCOUVER
604.984.GOLD(4653)
65 Lonsdale Ave.
North Vancouver

HOURS:
Mon-Fri 10am-6pm • Sat 10am-5pm • Sun Closed

VICTORIA
250.385.GOLD(4653)
3 Fan Tan Alley
At Pandora

NOW OPEN!

HOURS:
Tue-Fri 10am-6pm • Sat 10am-5pm • Sun/Mon Closed